

Child Care Health Consultation Lesson Plan

Contractor Name: Andrew County Health Department

Date Submitted: May 1, 2015

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety	Health and Safety Standards	Training Levels
Select one standard and one level	<input type="checkbox"/> Promoting Risk Management Practices	<input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	<input type="checkbox"/> Protecting Children and Youth	Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011
	<input type="checkbox"/> Promoting Physical Health	
	<input type="checkbox"/> Promoting Mental Health	
	<input checked="" type="checkbox"/> Promoting Healthy Eating	

Title: Organic and Genetically Modified Foods—What Child Care Providers Need to Know 1.0

Training Goal: Child care providers who want to prepare healthy meals for their children will be able to identify what is meant by different terminology such as 'organic' and 'genetically modified' when shopping for food supplies.

Learning Objective(s): Participants will

- Define Organic in relation to food production
- Define Genetically Modified Organism (GMO) with regard to food production
- Distinguish between "Organic" and "Certified Organic", "Natural" and "Non-GMO"
- Review labels to watch for when purchasing fresh produce

Topical Outline of Content	Training Method(s)	Time (in minutes)
Introduction of topic	Discussion	10 min
Organic Foods—Organic vs. Certified Organic, what it means, including FDA & USDA regulations	Discussion/Q & A	10 min
Genetically Modified Organisms, Non-GMO products, and "Natural" products, Farmers Markets	Discussion/Q & A	10 min
Regardless of category, proper food prep of fresh produce & How many servings per day you should serve/eat	Discussion/Q & A	10 min
Glutens, Gluten-Free foods, and Food Sensitivities vs actual food allergies; Veganism vs Vegetarianism	Discussion/Q & A	10 min
Resources for health: Centers for Disease Control & Prevention www.cdc.gov Food and Drug Administration www.fda.gov USDA www.usda.gov USDA www.choosemyplate.gov Academy of Nutrition and Dietetics www.eatright.org Celiac Disease Foundation www.celiac.org	Discussion/Q & A	10 min Total time: 1 hour

Method(s) of Outcome Evaluation: Discussion based Q & A, verbal responses to discussion

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Date Approved:
May 14, 2015

Authorized Approval Signature:



Date Expires:
May, 2018